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1 SAFETY

1.1 | Purpose

The Compex Winplate is intended solely for vibration training. Before attempting to use the Compex Winplate, read and understand the safety aspects and user instructions in this manual.

1.2 | Legal aspects of training

Training on the Compex Winplate is intended only for those who are physically capable of undertaking a course of exercise. The legal regulations of the country apply.

1.3 | Safety instructions

1.3.1 | General

- Only a technician authorized by Cefar-Compex International SAS is entitled to carry out repairs or modifications and to add elements to the device.
- The users' electrical system must comply with all laws and regulations.
- Follow the instructions and the directions in this manual.
- Always keep these user instructions with the equipment.
- Place the equipment on a horizontal and stable base.
- Do not place any objects on the equipment.
- Do not place the equipment in the sun or above a heat source.
- Only use the device at a temperature in between +10°C and +40°C.
- Do not use the equipment in a humid environment.
- Do not let any liquid flow into the equipment.
- Do not disinfect or sterilize the equipment. Clean the equipment with a dry or moistened cloth.
- All legal restrictions concerning the use of the device must be complied with.

1.3.2 | Contra-indications

Each user must check whether he or she suffers or might be suffering from one or several of the following contra-indication before starting the vibration plate training. If so only use the Compex Winplate when you have approval from a medical specialist.

Absolute contraindications:	Relative contraindications: (use Compex Winplate only after consulting a medical doctor)
<ul style="list-style-type: none"> ■ Acute inflammations, infections and/or fever ■ Acute arthropathy and arthrosis ■ Acute rheumatoid arthritis ■ Acute headache ■ Postoperative wounds ■ Implants / Endoprotheses ■ Metal or synthetic implants (e.g. pacemaker, artificial cardiac valves, recent stents) ■ Acute thromboses or increased thrombotic afflictions (6 months) ■ Acute back problems ■ Pregnancy ■ Severe osteoporosis with BMD < 70mg/ml ■ Spasticity ■ Morbus Sudeck Stadium I (CRPS I) ■ Tumors with metastases in the musculoskeletal system ■ Benign Paroxysmal Positional Vertigo (BPPV) 	<ul style="list-style-type: none"> ■ Epilepsy ■ Gallstones, kidney stones, bladder stones ■ Articular rheumatism and arthrosis ■ Heart failure, insufficiency NYHA III-IV ■ Cardiac dysrhythmia ■ Cardiac affections ■ Metal or plastic implants (piercing or gynecologic implants) ■ Chronic back pain (6 months after acute appearing) ■ Severe diabetic mellitus with arterial circulation disorders ■ Tumors (5 years after appearing, excluding metastases in the musculoskeletal system) ■ Spondylolisthesis without gliding ■ M. Parkinson ■ Chondromalasy of the joints of the lower extremities, osteonecrosis and -chondrosis ■ Arterial circulation disorders (Stadium Fontaine III°) ■ Venous insufficiency with ulcer cruris ■ Morbus Sudeck Stadium II (CRPS) ■ Lymphatic edema

1.3.3 | Unexpected symptoms

A user must immediately stop using the Compex Winplate when any unexpected symptoms occur. Examples are:

- Muscle contractions without control during static exercises
- Dizziness
- Pain
- Muscle tightness
- Nausea

1.3.4 | Electrical safety

- Only use the equipment in an area with facilities that meet the applicable legal regulations.
- Connect the equipment to an outlet with a protective earth terminal. The outlet must meet the locally applicable requirements.
- Compex Winplate has been manufactured for use at a power voltage of either 230V, 50-60Hz or 115V, 50-60Hz. Check the type shield for compatibility.
Use of the device at an unsuitable voltage can cause irreparable damage.

1.3.5 | Prevention of explosion

- Do not use the equipment in an area where combustible gases or vapours are present.
- Switch off the equipment when it is not used.

1.3.6 | Liability

Neither the manufacturer nor the local dealer can be held liable for personal injuries or for damage to or by the equipment used, if for example:

- The equipment or the accessories are used incorrectly
- The user instructions are wrongly interpreted or ignored
- The equipment is badly maintained
- Maintenance or repairs are performed by people or organisations that are not authorized to do so by Cefar-Compex.

1.3.7 | Conformity

MDD/CE

The Compex Winplate has been developed and is tested, produced and sold according to the international quality standards of the ISO 9001:2000 and DIN EN ISO 13485:2003 quality assurance system. Furthermore, the Compex Winplate meets the strictest requirements of European Directive 93/42/ECC for Medical Devices (MDD), as indicated by the presence of a CE identification (CE 0197) on the device. Furthermore, the certifying authority (notified body), TÜV Rheinland/Berlin-Brandenburg, also carries out checks regularly. For the manufacturer's liabilities, see Chapter 4.

1.3.8 | Deactivation and disposal

Observe the following instructions when deactivating the "Compex Winplate" vibration device:

You may deliver the device including all accessory items to a waste disposal service provider specialized on electronic products or capable of forwarding the device to such a specialist. In countries where the suppliers are under the obligation of taking back deactivated electronic devices, you may of course contact your supplier.

Most countries have by now introduced legislation which prevents consumers from simply throwing their deactivated electronic products away alongside their ordinary household waste. In the event that you yourself are responsible for the safe disposal of the system or that you prefer to do it on your own, we would like to provide you with the following information:

The components of the "Compex Winplate" vibration device can be classified as follows:

Vibration plate, handle with electronic unit, cable, straps and soft mat must be treated like electronic scrap or light chemical waste.

These components contain tin, copper, iron, a range of other metals and different plastics. Most countries regard these types of products as light chemical waste. Please inform yourself about the waste disposal regulations which apply in your country.

Packaging materials and instructions can be recycled. You may want to bring them to an appropriate collecting point or add them to your household waste, depending on how your local waste disposal system has been organized.

Everything said in this paragraph about the safe disposal of electronic articles applies equally to the accessory items.

2 COMPONENTS AND INSTALLATIONS

2.1 | Receipt

1. Check whether the equipment has been damaged during transport.
2. Check whether the accessories are intact and complete.
 - Inform your supplier immediately of any damage, defects or incomplete delivery.
 - Do not use the equipment in case of damage or defect!

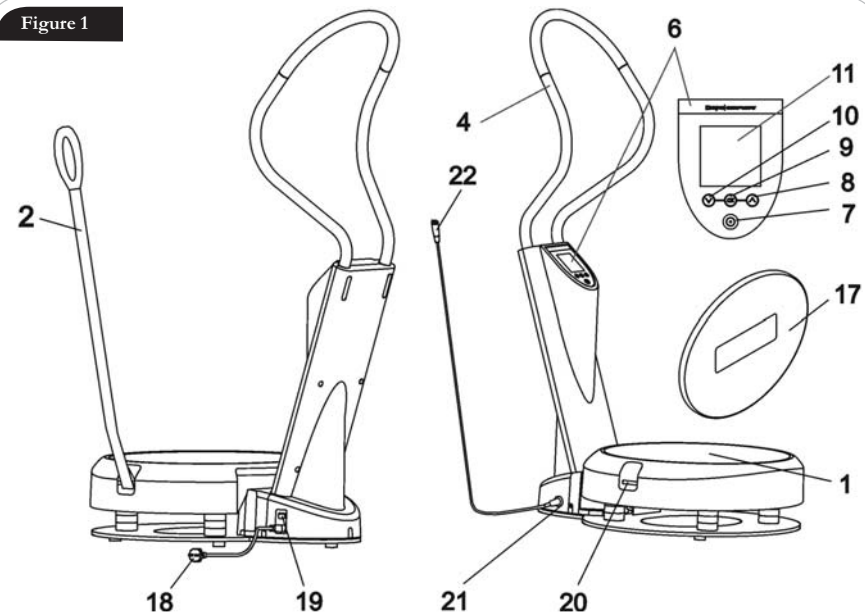
2.2 | Description of the control unit and accessory items

In **Figure 1** you see a diagram of the Compex Winplate with all accessory items. The numbers in the diagram and in the list below refer to the same items.

Besides that in every package there is a:

- Poster with exercises
- Manual

Figure 1

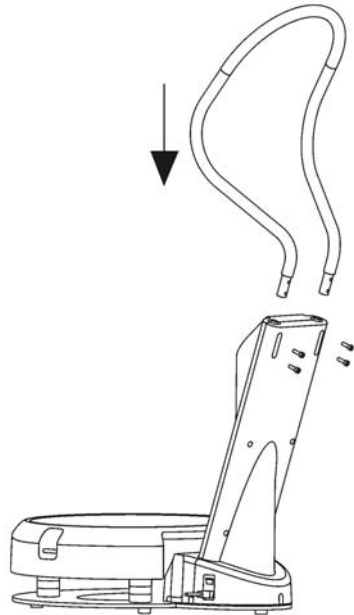


- | | |
|---------------------------|--------------------------------------|
| 1. Vibration plate | 11. Display |
| 2. Hand straps (2 pieces) | 17. Soft mat (1 piece) |
| 4. Handle | 18. Power cable |
| 6. Control unit/ display | 19. Power switch |
| 7. "Start/Stop" button | 20. Fitting for straps |
| 8. Button "Arrow UP" | 21. Socket to connect remote control |
| 9. Button "OK" | 22. Remote control "Start/Stop" |
| 10. Button "Arrow DOWN" | (optional accessory) |

2.3 | Assemblage

1. Place the Compex Winplate on a horizontal and stable base.
2. Insert the handle (4) in the holes of the control unit and fix with 2 screws at each side.

Figure 2



3. Use the designated connection (21) to connect the remote control (22).
4. Check whether the main voltage is that as stated on the type shield corresponds with the voltage of your mains supply (see 1.3.4).
5. Connect the power connection (18) of the device to an outlet.
6. Switch the power switch (19) on.

2.4 | Transport & storage

Take account of the following matters if the equipment has to be transported or stored:

- Transport or store the equipment in the original packaging
- Temperature: -20°C to +60°C
- Relative humidity: 10% to 100%
- Atmospheric pressure: 500hPa to 1060hPa

3 OPERATIONS

3.1 | Introduction

The “Compex Winplate” generates three-dimensional mechanical vibrations of the main vector in vertical direction.

The “Compex Winplate” is extremely easy to operate. The operating principle is clear and self-evident.

3.2 | First use

Make sure that a qualified coach supervises the first training session.

3.3 | Important instructions

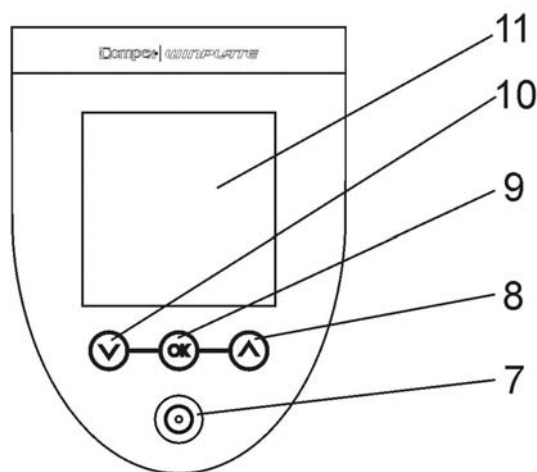
- Check that no contra-indications are present (see pt 1.3.2).
- Stop using the Compex Winplate immediately when any unexpected symptoms occur (see pt 1.3.3).
- Wear shoes with a flexible sole during training.
- Use the soft mat when you support your weight other than with your feet.
- Follow the instructions for the exercise and the rest time to prevent injuries.
- Start by standing on the tiptoes with the knees unlocked to absorb the maximal amount of the vibration through your calves and thighs.
- Do not extend the limbs that are in contact with the vibration plate. Correct your position if you feel vibration in your head. Voice and/or eyes being are the best indicators of a wrong position.
- Take a sports drink or water, approximately 30 to 60 minutes, before the start of the training session.

3.4 | Operating the Compex Winplate

3.4.1 | Operating Compex Winplate in general

- By means of the UP and DOWN arrow (8, 10), one can scroll through the menu.
- Press the OK button (9) to activate the displayed menu item.
- Change settings via the UP and DOWN arrow (8, 10).
- Press the OK button (9) longer than 0,5 sec to return one step in the menu.

Figure 3



- When the power is switched on, a welcome screen is displayed giving 3 possibilities:
 - Press the arrow UP button (8) for more than 0,5 sec and the list of contra-indications will be displayed (see pt.1.3.2)
 - Press the arrow DOWN button (10) for more than 0,5 sec and the system settings will be displayed (see pt 3.4.2)
 - OK button (9) continue and indications menu is displayed (see pt 3.4.3)

3.4.2 | System settings

The menu items are:

- **Language**
Text display language: English, Dutch, German, French, Spanish, Italian, Portuguese, Norwegian, Swedish, Finnish, Russian.
- **Volume of "beep"**
Modifiable between 0% (no sound) and 100% (maximal sound).
- **Button beeps**
Yes: Sound as buttons are pressed is switched on.
No: Sound as buttons are pressed is switched off.
- **Time up beeps**
Yes: Audio alerts announce the end of an activity or rest period.
No: No audio alerts are generated to announce the end of an activity or rest period.
- **Active time in the Free quick start program**
The standard given time in the quick start menu can be modified in different steps between 10-180 sec.
- **Intensity in the Free quick start program**
The standard given vibration intensity can be modified in 6 levels, influencing amplitude and frequency of vibration.

3.4.3 | Summary of operating modes

The main menu enables the selection of several indications and a free mode.

- **Indications**
Indications are default programs in the Compex Winplate. For every indication there are 4 levels of training schedules with different exercises and parameters.

Pictures show clearly how to execute the correct position. Clicking the OK button (9) shows the training parameters (the display also switches back automatically after a couple of seconds).

You can browse forward and backward through the exercises by using the Up and Down arrows.

The word “Exercise” is displayed on the screen’s header. The exercise’s number within the sequence is shown to the right.

Example: Exercise 3 / 5: The exercise currently running is the third of a total of five. The exercise number is displayed top left below the header, e.g. 37.

While the active time is running down and during any pause, a different time screen is shown.

Whenever active time is running, both this and the associated pause time can be deleted with a long press of the STOP button.

If no active time or pause is running, a long press of the OK button will take you from the time screen back to the parameters menu. Another long press on the OK button will return you to the main menu.

- **Free mode**

In this menu one can start the vibrations immediately with the preset parameters by clicking the start/ stop button (7). With the button arrow UP (8) and DOWN (10) the user is also able to change time and training intensity.

Whilst training training intensity can be changed with the button arrow DOWN (10).

When the time is stopped (**with the start/ stop button**) one can always return to the parameter menu via a long press on the OK button.

3.4.4 | Start-stop switch

The “Compex Winplate” vibration device has been equipped with two start-stop switches. Both are capable of starting and stopping the vibration independently from one another:

- One orange-coloured start-stop button (7) is located on the control unit.
- The remote control (22) is connected to the control unit by a cable.

3.4.5 | Use of hand straps



Straps can be used to transfer the vibration to certain sections of the body as shown in the illustration. The non-elastic straps serve to convey the vibrations to the muscles in question. The straps can be fastened to the vibration plate at the straps' fitting (20). The straps have been provided with reference lines in different colours, allowing the user to adjust the length of one strap to the length of the other.

3.4.6 | Vibration training parameters

Vibration frequency: **30 - 35 - 40 Hz**

Intensity (amplitude): **high / low**

Active time: **0 - 180 sec**

Operating modes (4 performance levels):

- | | |
|------------------------------|--------------------------|
| - Free Mode | - Tennis |
| - Body Training - Upper Body | - Skiing |
| - Body Training - Lower Body | - Swimming |
| - Running | - Soccer |
| - Cycling | - Body Shaping |
| - Triathlon | - Stretching |
| - Golf | - Relaxation and massage |

3.4.7 | Increase training effort

You may increase the required effort in a number of different ways such as:

- Increase the vibration frequency
- Extend the active periods
- Shorten the rest periods
- Increase the intensity from low to high
- Increase the number of repetitions.

You can also increase the required effort by making the exercises more difficult to perform. You can achieve this by:

- selecting more difficult / more complicated starting positions (see poster)
- change from static to dynamic exercises
- enlarge the stretched muscle section.

4 TECHNICAL PROBLEMS, WARRANTY, MAINTENANCE AND CLEANING

4.1 | Technical problems

4.1.1 | The device does not start

Check whether there is any power, whether the power switch is on and whether power cable and fuses are properly connected. If the fuses have blown and need to be replaced make sure that you only use the type of fuse indicated on the type plate. You can ask your supplier to order the correct fuses for you.

4.1.2 | No function seems to be working

Switch the device off and on again. Contact your supplier if the problem persists.

4.2 | Warranty and service

- Only duly authorized service engineers are entitled to carry out repairs or modifications and to add elements to the device.
- The users' electrical system must comply with all laws and regulations.
- The device must only be operated by duly authorized persons in strict compliance with the user manual.
- The device must only be used for its designated purpose.
- The device must be regularly maintained in compliance with the maintenance instructions.
- All legal restrictions concerning the use of the device must be complied with.

Apart from the fuses, there are no components inside the "Compex Winplate" device which may be exchanged and replaced by the user. In the event of incorrect use and non-compliance with the maintenance instructions, the Uniphy Elektromedizin GmbH & Co. KG and their duly appointed representatives will cease to be liable for all resulting damages, personal injuries, defects or malfunctions.

Customer service and warranty will be provided through your supplier. The terms and conditions of your supplier will apply. The warranty will be invalidated by any violation of the aforementioned instructions.

Guaranteed period: 2 years.

The average use of the Compex Winplate should not exceed 1 hour (vibration time) per day and per person.

4.3 | Maintenance

The manufacturer recommends subjecting the device to an annual inspection by an engineer.

The following components should be checked with particular attention:

- all bolted and mechanically clamped connections
- all cables and their connecting elements (visual control)
- the functional safety of the manual switch and the foot switch
- the rubber springs (visual check for mechanical damage)

4.4 | How to clean the device

You can use a slightly moist cloth to clean the vibration plate, the control unit and the accessory items. Use a mild and non-abrasive detergent!

The handle, if necessary, can be treated with a commercial disinfectant.

5 TECHNICAL DATA

The “Compex Winplate“ is a Whole Body Vibration (WBV) device.

Vibration frequency: **30 - 35 - 40 Hz**

Intensity (Amplitude): **high / low**

Active time: **0 - 180 sec**

Power voltage: **115 Volt ± 10 %, 50Hz/60Hz or 230 Volt ± 10 %, 50Hz/60Hz**

Dimensions (W x D x H): **731 x 831 x 1511 mm**

Weight: **70 kg**

Ceiling load: **200 kg max. static load and a dynamic proportion of 20 %**

Noise level: **max. 69 dBA**